Starting Your Day with Mindfulness

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life

Waking Up with Awareness

One of the best techniques to help bring mindfulness to everyday living is to start your day with it.

Many of us have a rushed morning routine and do not pause to be present until later in the day.

This exercise can help you start off your day with a mindful moment, bolstering your practice in the coming hours.

When you wake up, take a moment to pause before you get up.

If you use an alarm clock, try attaching a sticky note to it to remind yourself.

Lying in bed, tune in to the body.

Feel the body resting, and notice how it feels to begin moving and stretching.

Bring your awareness to the breath.

Taking a few deep breaths, recognize that you woke up and are breathing this morning.

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Waking Up with Awareness

As you get up and begin your day, try to retain some awareness.

Routines make it easy to fall into autopilot.

Notice when you lose your presence, and come back to mindfulness.